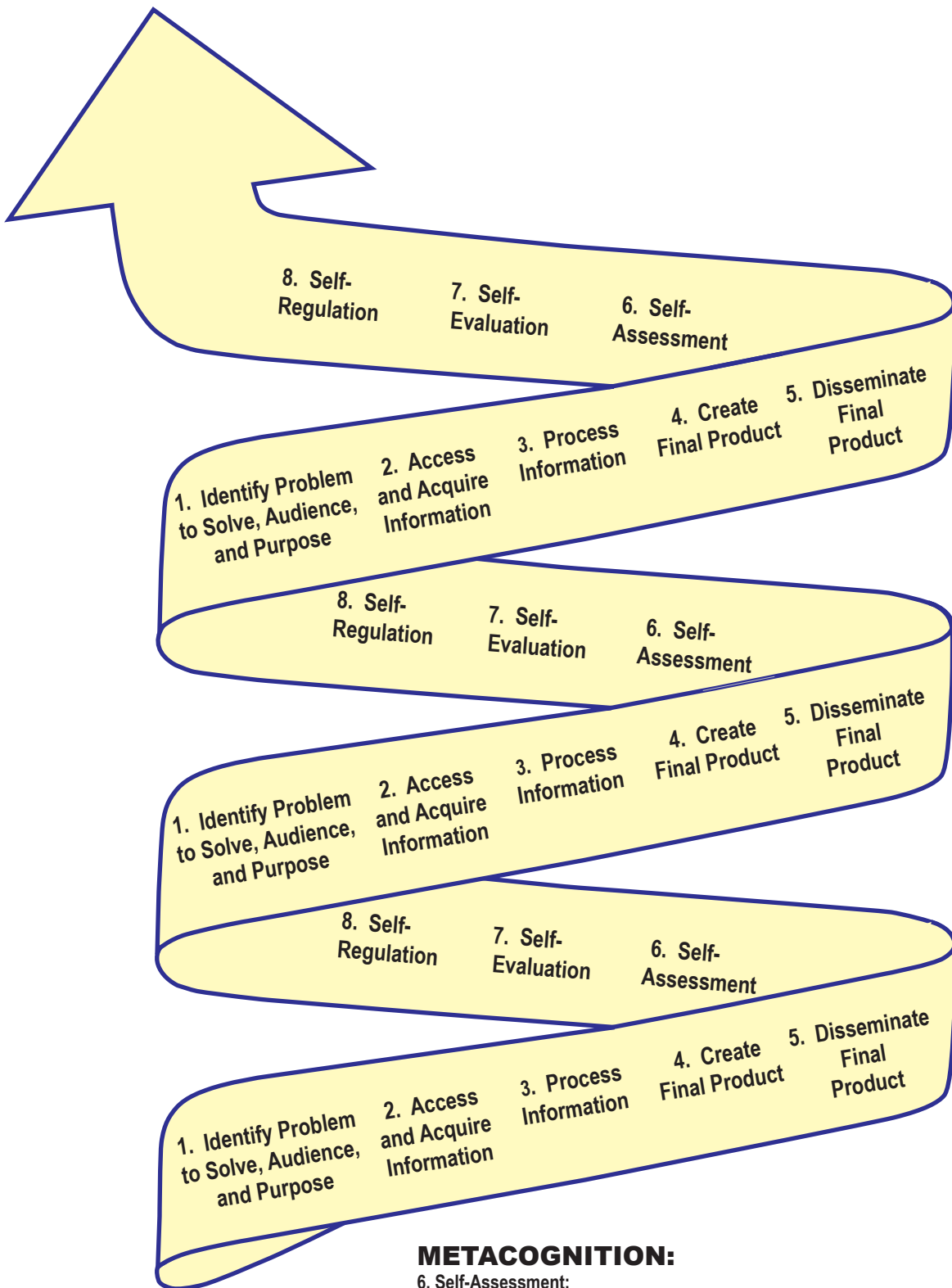


STUDENT

SPIRAL OF CONTINUOUS IMPROVEMENT



METACOGNITION:

6. Self-Assessment:

Assessing Strengths and Weaknesses of Current Performance

7. Self-Evaluation:

Evaluating Patterns of Strengths and Weaknesses Over Time - Evaluating Growth

8. Self-Regulation:

Setting Doable Goals to Improve and Designing Action Plans to Accomplish Them